



City Connection

Fond du Lac

September 2016

Welcome



Josh Musack

Start Date: 9/18/2016

Purchasing Manager

My wife Stephanie and our 3 kids (Mason, Kaelyn, and Ava) have lived in Fond du Lac all of our lives with the exception of 2 years for college in Minnesota. The kids keep us running from activity to activity, but it's great to see them active. Outside of their activities, we enjoy recreational boating and hiking (especially in fall).

Pat on the Back!



Water Meter Servicemen **Jim Ancil**, **Dave Forster**, **Bob McCarthy**, and **Russ Wiesen** have nearly doubled their rate of changing out meters this summer, as compared to the months before.



This efficiency has been made possible in part by **Chad Churchill**, **Travis Kloetzke** and **Alisha Abitz** providing new technology that allows appointment scheduling and tracking to be done electronically.

"Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." --Vince Lombardi

Mark Your Calendar!

Get Up and Go Employer Challenge

Are You Up For the Challenge?

The Wellness Team is offering a chance to increase your physical activity level, earn some great prizes, and help The City win the 2016 FABOH Employer Challenge!

Program Dates: September 12th – November 4th

How does the challenge work?

- Earn points by performing and logging the physical activity you do during the eight week challenge using the Know & Go Tracker or manually using the sheets provided.
 - Each minute of physical activity logged = 1 point

Participants will earn:

- **1200 points or more = Name in drawing for Gift Certificate**
- **800 points or more = Name in drawing for Gift Certificate**
- **Participation = Name in drawing for Gift Certificate**

To sign up today use the instructions below:

- Go to www.knowandgo.org
- Click on Agnesian Wellness Business Partners
- Log in using your Username and Password
- For first time users select "Click Here to Sign up"
- Once you are logged into your account you can then sign up for the Get Up & Go Challenge

OR

- Track your points by paper and return to Lisa Wiercinski or Mary Leb by November 9th 2016



Health Risk Survey

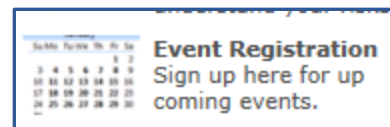


IMPORTANT DATES:

Complete by October 3, 2016	<i>Health Risk Survey</i> www.knowandgo.org
Available October 10, 2016	<i>Scorecards</i> www.knowandgo.org
October 10, 2016 – July 31, 2017	<i>Health Coaching Sessions</i> Contact: 926-5678 or 926-5508 Schedule online: www.knowandgo.org *** Coaching session can only be done once a month and deadline for sessions are July 31st. ***

Schedule Your Telephonic Coaching Session Online!

1. Once logged into knowandgo.org click on “Event Registration”



2. Click on the date and time that best fits your schedule. If you would like to work with a specific coach, please make sure they are the “event leader” for the day and time you choose. Please be aware the registration end date is prior to your actual appointment!

3. Select the time and click “register” next to the corresponding time.

4. After clicking “register” please provide your phone number with the area code you wish to be reached on for your coaching session.

10:40 AM - 11:00 AM	Register	10/16/2016 10:40 AM	Angie Bovee
3:00 PM - 3:15 PM	Register	10/16/2016 3:00 PM	Tara Schmitz

Verify the health coach name

5. You have successfully registered! Click here to add to your outlook calendar. When returning to calendar view, green indicates you are registered on that date.

Health Payment Systems

We are excited to share that, in addition to 96% of all Wisconsin providers currently participate in the HPS network, we continue to expand our network to provide broader availability and options to your employees/customers.

In 2016 to date, we have added the following providers to our network, providing extended services to you:

- Watertown Regional Medical Center and Clinics
- ATI Physical Therapy
- Back In Action Rehabilitation
- Diabetes Management and Supplies
- Fox Valley Hematology and Oncology
- Neuortech LLC.
- Prairie Clinic

We also signed an agreement with Bellin Health Partners and, through this agreement; we have added a number of new providers as follows:

- NEW Dermatology Group
- Green Bay Plastic Surgery Associates
- Green Bay Surgical Center, Ltd.
- Bay Area Foot Clinic
- Daniel Koster, M.D.
- Elite Foot & Ankle Clinic
- Eye Associates of Green Bay
- Wisconsin Sports Medicine and Orthopedics
- Edward VanBeek DPM
- East Side Family Practice
- Pamela Dobson DO

If you have any questions regarding these new provider relationships, please contact the HPS: 1-888-477-7968

2016 FLU SHOT SCHEDULE

Provided by: Agnesian HealthCare



<u>WEDNESDAY, OCTOBER 12, 2016</u>		
<u>LOCATION</u>	<u>TIME</u>	<u>SIGN UP WITH</u>
LIBRARY Mid-states Training Room	9:00am – 10:00am	LAURIE, EXT 3949
<u>THURSDAY, OCTOBER 13, 2016</u>		
<u>LOCATION</u>	<u>TIME</u>	<u>SIGN UP WITH</u>
POLICE DEPT Room A	6:30am – 8:30am* *(only Police employees are able to access bldg. before 8:00am)	MELISSA, EXT 3706
GOVERNMENT CENTER 1 st Floor - Room B	9:30am – 11:30am	LISA, EXT 3623
<u>FRIDAY, OCTOBER 14, 2016</u>		
<u>LOCATION</u>	<u>TIME</u>	<u>SIGN UP WITH</u>
Municipal Service Center	12:15pm-1:30pm	AMBER EXT 3544 JOEY EXT 3653
<u>TUESDAY, NOVEMBER 1, 2016</u>		
<u>LOCATION</u>	<u>TIME</u>	<u>SIGN UP WITH</u>
Municipal Service Center	7:00am – 8:00am	AMBER EXT 3544 JOEY EXT 3653

Please sign up by Friday October 7th so enough vaccines are available.

Please note: If there are not enough advance sign-ups at a location, that session will be cancelled.







If the dates and times above do not work for you:

1. You can make an appointment at the Work and Wellness Clinic (926-5666) at Agnesian Healthcare building: M-F, 7:00am – 5:00pm. Let them know you are a City of Fond du Lac employee (or spouse) OR
2. If enrolled in City health insurance, Flu shots are covered 100% provided you use an in-network provider. Take your Auxiant card with you as the provider will need to bill your insurance.

Come and learn more about your

Wisconsin Retirement System (WRS) Pension Fund

This free and informative presentation will cover:

-  Understanding your annual Statement of Benefits
-  Core and variable funds and interest crediting
-  Death benefits for active employees and retirees
-  Calculating a retirement benefit
-  Choosing a retirement payment plan
-  Ample time for questions

All employees and spouses covered by the WRS, whether retiring soon or just looking for more information, are invited to attend.

Thursday, October 6, 2016

6:30 p.m. – 8:00 p.m.

Theisen Middle School Auditorium

525 East Pioneer Road, Fond du Lac, WI

enter southeast door

Presented by



Wisconsin Retired Educators' Association (WREA)

Speaker - Roger Byers, a former benefit specialist at the Department of Employee Trust Funds, and WREA staff member

Hosted by:

Fond du Lac Area Retired Educators' Association (FAREA)

RSVP by Tuesday, October 4, 2016

Email fareainfo@gmail.com or call 920-266-2017

Registrations preferred; Walk-ins welcome!

Fond du Lac Public Library

Pumpkin Decorating Contest

Drop off your decorated pumpkin anytime between October 16th-21st (no late entries accepted).

One winner in each category will be announced at Halloween Storytime 10am Oct 22nd. All entries will be displayed in the Children's Room through Saturday October 29th.

- One Entry per Family
- No Flame or light source allowed
- Completed entry form must be turned in with pumpkin

Contact the FDL Library with any questions.



ICMA - RC

TYGE OLSON
RETIREMENT PLANS SPECIALIST FROM
ICMA - RC

October 18, 2016
November 15, 2016

9:00 AM TO 4:00 PM
To set up an appointment online:
Human Resources>Employee Login>ICMA

WELLNESS COMMUNICATIONS

This month's Wellness topics include:

- ❖ Women's Health Breast Cancer
- ❖ Selecting a Mental Health Professional
- ❖ Bullying-What Parents Can Do
- ❖ Memory and Healthy Diet
- ❖ Mental Health – SAD
- ❖ Prescription Drug Abuse
- ❖ Mental Health Anxiety Disorders
- ❖ Facts about the Flu
- ❖ Flu Shot
- ❖ Influenza Facts About the Flu
- ❖ Seasonal Flu Vaccine Myths
- ❖ Colorectal Cancer and Prevention
- ❖ Dealing with Lower Back Pain
- ❖ Cancer. After the Diagnosis
- ❖ Preventing and Treating Hearing Loss
- ❖ Prepare your home for winter
- ❖ Know & Go Newsletter;
<https://ahcwandw.bepurewellness.com/dt/v2/ahcassocindex.asp>

These and other topics are available on the city website:
Human Resources>Employee Login>Wellness

Did you know??? **Heart Healthy Alternative Snacks**

Crunchy: Apples, Carrots, Celery Sticks, Bell Peppers, Zucchini, Radishes, Broccoli, and Cauliflower

Sweet: Raisins, Fresh Fruit, Low-Fat/Fat-Free Unsweetened Fruit Yogurt, and Frozen Fruits.

Munchy: Unsalted Sunflowers Seeds or Almonds, Whole-Grain Breads, Cherry Tomatoes, Low-Fat or Fat-Free Cheese, and Plain, Low-Fat or Fat-Free Yogurt.

Resource: www.knowandgo.org



Welcome the New Additions to the City Family



Congrats on your new baby!

Matt Simon (Fire)

Michael Noble (Police)